

Amendments to the Claims

The following listing of claims will replace all prior versions, and listings, of claims in the application:

1. through 18. (canceled)
  
19. (new) A method for refreshing an image, the method comprising:
  - (a) capturing an image with a camera;
  - (b) sending the image to a user;
  - (c) refreshing the image, the step of refreshing the image comprising:
    - (i) capturing a refreshed image with the camera, and
    - (ii) sending the refreshed image to the user,
 wherein at least a portion of the step of refreshing the image is performed when a refresh period has elapsed;
  - (d) determining whether to increase the refresh period, wherein the step of determining whether to increase the refresh period comprises determining at least one of:
    - (i) whether the user is inactive,
    - (ii) whether a first period of time has elapsed, or
    - (iii) whether a counter has reached a set value, wherein the counter is configured to count a number of times that the step of refreshing has been performed; and
  - (e) increasing the refresh period in response to determining at least one of:
    - (i) that the user is inactive,
    - (ii) that a first period of time has elapsed, or
    - (iii) that a counter has reached a set value.
  
20. (new) The method of claim 19, wherein the step of increasing the refresh period comprises increasing the refresh period along an exponential curve.

21. (new) The method of claim 19, wherein at least a portion of the step of refreshing the image is no longer performed after a second period of time has elapsed.

22. (new) The method of claim 19, wherein the step of determining whether to increase the refresh period is performed periodically.

23. (new) The method of claim 22, wherein the period for determining whether to increase the refresh period is greater than the refresh period.

24. (new) The method of claim 19, wherein the step of determining whether to increase the refresh period is performed when the refresh period has elapsed.

25. (new) The method of claim 19, wherein the step of determining whether to increase the refresh period is performed when a timer reaches a preset value.

26. (new) The method of claim 19, wherein the step of determining whether to increase the refresh period is performed when a counter reaches a preset value.

27. (new) The method of claim 19, wherein the step of determining whether the user is inactive comprises determining whether a window displaying the image is fully visible to the user.

28. (new) The method of claim 19, wherein the step of determining whether the user is inactive comprises determining whether the user is using the user's system.

29. (new) The method of claim 19, wherein the step of determining whether the user is active or inactive comprises determining whether a screen saver has been activated on the user's system.

30. (new) The method of claim 19, further comprising permitting the user to change the refresh period.
31. (new) An apparatus to refresh an image, the apparatus comprising:
- (a) a network connection, wherein the network connection is operable for communicating images from a camera to a user's system;
  - (b) a refresh logic configured to refresh an image captured by the camera upon lapse of a refresh period, the refresh logic being configured to refresh an image by sending a refreshed image to the user's system via the network connection;
  - (c) a refresh rate logic in communication with the refresh logic, wherein the refresh rate logic is configured to determine whether the refresh period should be changed, the refresh rate logic being further configured to change the refresh period in response to a determination that the refresh period should be increased, wherein the refresh rate logic is in communication with at least one of:
    - (i) a timer, or
    - (ii) an activity monitor configured to monitor activity of the user, wherein the refresh rate logic is configured to determine whether the refresh period should be changed based at least in part on one or more communications from the at least one of a timer or an activity monitor.
32. (new) The apparatus of claim 31, wherein the refresh period is set to infinity after a certain period of time has elapsed
33. (new) The apparatus of claim 31, wherein the refresh rate logic is configured to communicate with the refresh logic periodically.
34. (new) The apparatus of claim 31, wherein the refresh rate logic is configured to periodically determine whether the refresh period should be changed.

35. (new) The apparatus of claim 31, wherein the activity monitor is configured to determine at least one of:
- (i) whether a window displaying the image is fully visible to the user, or
  - (ii) whether a screen saver has been activated on the user's system.
36. (new) A method for refreshing an image, the method comprising:
- (a) capturing an image with a camera;
  - (b) sending the image to a user;
  - (c) refreshing the image, the step of refreshing the image comprising:
    - (i) capturing a refreshed image with the camera, and
    - (ii) sending the refreshed image to the user,wherein at least a portion of the step of refreshing the image is performed when a refresh period has elapsed;
  - (d) determining whether to increase the refresh period, wherein the step of determining whether to increase the refresh period comprises determining whether the user is inactive; and
  - (e) increasing the refresh period in response to determining that the user is inactive.
37. (new) The method of claim 36, wherein the step of determining whether the user is inactive comprises determining whether a certain period of time has elapsed.
38. (new) The method of claim 36, wherein the step of determining whether the user is inactive comprises determining at least one of:
- (i) whether a window displaying the image is fully visible to the user, or
  - (ii) whether a screen saver has been activated on the user's system.

39. (new) The method of claim 36, further comprising
- (f) counting the number of times the step of refreshing the image has been performed; and
  - (g) increasing the refresh period when the step of refreshing the image has been performed a certain number of times.